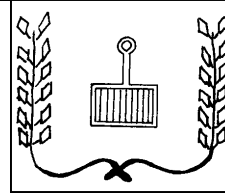


COOK
INTEREST BADGE


Date Passed _____ Signed _____

1. Have passed the Fires and Cooking Scoutcraft Badge, or complete all the requirements for it. _____ 1
2. Explain what is meant by ordinary culinary terms such as to bake, marinate, sear, and scald. _____ 2
3. Demonstrate your ability to use and maintain paraffin and gas stoves and lamps (primus, hurricane, and similar types). Understand the dangers, and demonstrate the safety precautions to be taken in lighting, using and cleaning these stoves and lamps. Demonstrate the correct procedures to be followed in replacing gas cylinders (including hiking gas stoves). _____ 3
4. In camp lead a Patrol in the preparation and serving of a meal for 6 persons. The meal must be cooked on an open fire. Dutch ovens, biscuit tin ovens or reflector ovens may be used. After cooking, properly dispose of rubbish, clean the utensils and leave a clean cooking area. _____ 4
5. Mix the dough and bake a loaf of bread in a camp oven, or bake and ice a cake at home. _____ 5
6. Prepare indoors a meal for 4 persons. The meal may be cooked using an electric, gas, wood, coal or paraffin stove, or microwave oven. Serve the food correctly following the niceties of good manners. Demonstrate carving, and clean up afterwards. _____ 6
7. Explain the principal joints of pork, lamb or beef. _____ 7
8. Discuss the nutritive value and storage of the following foods:
 - a) Fresh meat, vegetables and dairy products
 - b) Canned meat, fish, vegetables and fruit
 - c) Dehydrated vegetables
 - d) Soya products.
 _____ 8
9. Demonstrate the following:
 - a) The setting of a table in camp or indoors for a lunch or a supper.
 - b) How to prevent accidents in the kitchen at camp and indoors.
 - c) The use of weights and measures in the kitchen.
 _____ 9
10. Make an item of camp kitchen equipment such as a reflector oven, hay-box, camp fridge, billycan or utensils from tin cans and wire. _____ 10